## IN THE SPECIFICATION

Please replace the paragraph beginning at page 2 line 15 with the following rewritten paragraph:

---An air A gas is preferably injected into the foamable material before conducting the squeezing process, in order to decrease the density and the weight of the foamable material and the boards. The air gas may be selectable from carbon dioxide, propane, or butane, or the like.--;

Please replace the paragraph beginning at page 4 line 21 with the following rewritten paragraph:

--Referring again to FIG. 5, before the foamable material 21 is subjected to the squeezing process 24, and before or after the foamable material 21 is subjected to the heating process 22, a process 23 is provided to fill or inject an air a gas into the foamable material 21 that is normally in a liquid or pasty like status. The air gas may be selected from carbon dioxide (CO<sub>2</sub>), propane, butane, or the like.--;

Please replace the paragraphs beginning at page 5 line 7 with the following rewritten paragraphs:

--The filling or injecting of the air gas into the foamable material 21 may decrease the density of the foamable material 21, in order to form the foamable intermediate layer 12 having a density ranging from 0.03 to 0.6 g/cm<sup>3</sup>. The board 10 may thus have a weight decreasing up to 50 to 95% as compared with that of the typical boards of plastic materials.

Alternatively, as shown in FIG. 7, instead of injecting the air gas into the liquid or pasty foamable material 21, a foamable agent or a vulcanizing agent may be filled into the foamable material 21 before foamable material 21 is subjected to the squeezing process 24, and/or before the foamable material 21 is subjected to the heating process 22. The foamable intermediate layer 12 thus formed may include a density ranging from 0.5 to 0.8 g/cm<sup>3</sup>.--.